



What are some of the signs that I need to detox?

- Do you feel tired and sluggish all the time?
- Do you have brain fog?
- Are you struggling from all kinds of degenerative diseases, like Arthritis, Type 2 Diabetes, Obesity, Gout, Hemorrhoids?
- Are you bothered by skin disorders like eczema?
- Do you have bad breath and/or a coated tongue?
- Do you have less than one or two bowel movements a day?
- Do you suffer from diarrhea or constipation, maybe both?
- You tried everything for your bloated stomach and flatulence?
- Are you losing your hair?

All these symptoms and many more degenerative diseases are related to toxins, harmful allergens and over acidity in your body. Dead cells are preventing your body from functioning on full capacity. Like broken or left over programs clog and slow down your PC, the same happens in your body as well.

Give your system the overhaul it needs and detox with the "30 Day Juice Fast". This guide enables you to regenerate your overworked and toxic body in 14 or 30 days. Give your digestive system a well deserved rest while you enjoy mother natures bounty of fresh vegetable and fruit juices everyday!

Try the "30 Day Juice Fast" Guide for 60 days. I'm 100% convinced that you will be satisfied with your copy of this detailed 52 page fasting and juicing guide. If you don't feel like you learned everything I promised, I will refund you the full purchase price, no questions asked.

Preview the "30 Day Juice Fast"



Monika Baechler, Cert. Nutrition Specialist



60 DAY MONEY BACK Guaranty

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Order the "30 Day Juice Fast" today to learn how to detoxify your body in 30 days or less!

- reactivate your tired and unhealthy body
- lead a peaceful, energetic, happier and more enjoyable life!
- eat healthier and make better choices for yourself and your family!
- improve your general well being!
- cleanse and renew your body and soul!
- rid your body of everything that makes it sick or old and tired!



Why should you listen to me?

As a Certified Nutrition Specialist, I have researched and practiced European Fasting Traditions for almost ten years. at the end of 2005 I perfected my own fasting protocol, which helped me resolve my struggle with food digestion and nutrient absorption.

Every time I fasted, I added new was to help my body detoxify and help my liver clean the toxins out of my system. In the spring of 2008 I conducted my own little research and filmed myself when I embarked on my second journey of a 30 day juice fast. This juice fasting guide and fasting primer is the result of this documentary and years of relentless research.

To make this fasting guide excel from anything else that is out there, I made sure to write the "30 Day Juice Fast" as detailed in every step as possible.

1. Shopping list for Transition Days
2. Shopping list for Fasting Days and Build-up Days
3. How to plan your Fasting Days
4. Recipes for Fasting and Build-up Days
5. Detailed list of what you'll need
6. etc.

You'll see, theres is nothing missing in this fasting guide. Not only do you get my 60 Day 100% money back guarantee, but you'll also get a lifelong edition update with you purchase!

Order the "30 Day Juice Fast" Guide with the 60 Day 100% Money Back Guarantee!

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